



ALL ABOUT SALADS.

LADY POLLY

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ALL ABOUT SALADS
BY LADY POLLY

ALL ABOUT SALADS

By

Lady Polly

(Mrs. Lewis Clarke Lucas)



The Cathedral Library Association

24-26 East 21st Street, New York

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*To the busy Home-makers of America
this little book is inscribed with the hope
that herein may be found a few answers
to the ever-recurring cry: "What shall
we eat to-day?"*

LADY POLLY.

A TALK ON SALADS

There are salads galore. Meat, fowl and fish salads; egg, cheese and vegetable salads; nut and fruit salads. Combined with lettuce, cress, endive, celery; with a dressing of salt, pepper, oil and acids, many varied dishes may be made which are pleasing to the eye and delicious to the taste.

The salad dressings mostly used are the French and the mayonnaise. The first is made by placing salt and pepper in a bowl and adding oil gradually until the salt is dissolved, then vinegar, stirring so that the oil may be thoroughly incorporated.

The mayonnaise is made by adding oil slowly, drop by drop, to the yolks of eggs until you have a mixture about the consistency of custard and with no sign of oil or vinegar. It is essential that the best Italian oil be used.

Condensed cream may be used in dressings

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requiring cream, although the fresh is to be preferred. The dressing must not be mixed with the salad until immediately before serving, and both the salad bowl and the ingredients must be as cold as possible. The rule with few exceptions is, that all meat and fish salads should be served with mayonnaise, and all vegetables with French dressing.

Many salads are improved by marinating. The marinade should be mixed with the ingredients and set on the ice for a while before serving. For instance, in making chicken salad, the chicken should be diced, mixed with the marinade and chilled. Celery, or any vegetable that should be crisp, must not be added until the salad is ready to be served, as the marinade would wither it. All fish and meat salads, without exception, should be marinated, and all vegetables that are not to be served crisp. Tomatoes are so much improved by this process that there is no comparison. When tomatoes are to be served whole they should stand in the marinade at least one hour.

Lettuce or endive, with French dressing,

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is an everyday, simple salad; those composed of meats mixed with green vegetables, such as lettuce with mayonnaise, are supper and luncheon salads and should never follow a heavy dinner. When served with roast, green salads are greatly improved by compounding mint or tarragon vinegar with the French dressing.

For those who are unable to use oil there are many dressings which may be prepared without it. My advice, however, to such persons would be that they cultivate a taste for the oil. This is more easily acquired than might be thought possible, and only a little will power is required for a few times and then it will not only become agreeable, but the preference for French dressing will develop. Salad lovers consider this the only suitable dressing and would willingly choose no other. Many of my acquaintances are converts to the salad habit. Oil is far more healthful than butter; a teaspoonful daily will keep one in good condition, and manicurists would vouch for it that salad oil is a sovereign preventive and cure for brittle

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finger nails. The value of salads should be known and appreciated by every man, woman and child in the land.

In many homes salad is always a part of the luncheon and dinner menu. Very little time is required in their preparation and they are inexpensive. All classes of French serve salads daily and they are presumed to be most economical in matters pertaining to the table.

On a hot summer day, instead of eating a heavy dinner, let the meal consist of a light soup, a vegetable or fish salad, and iced cocoa, and see how much better you feel. Go into a café on a hot day, observe the American who rushes in mopping his brow with his already saturated handkerchief, makes loud complaints of the heat, orders a heavy dinner, and bolts it while fanning himself vigorously.

Then note the foreigner who walks in leisurely, orders a salad and a light wine, partakes of it slowly, remarks to an acquaintance that it is really too warm to eat, and saunters out of the café the most provok-

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ingly cool-looking man you have seen all day.

Our grandmothers gave much thought to the medicinal properties of the "greens" served at their tables. Parsley, mustard, cowslip, horse-radish, dock, dandelion and beet tops clear the blood and regulate the system. Why not make use of the remedies that nature supplies so lavishly, and lessen our druggist bills?

Crisp, fresh and extremely young dandelion leaves make a delicious salad. Sorrel possesses a soothing power over the system, and is a preventive of rheumatic and gouty tendencies. Its leaf is tender, slightly acid and is excellent for the liver. The leaves of the young mustard served with sliced shallots and a French dressing are delightful. The plants may be bleached in a few days by covering them with a plank. Water cress is said to contain oil, salts of iron, sulphur, phosphate and other minerals. Cheese combines well with it, and such a salad with a slice of whole wheat or brown bread and butter makes a refreshing luncheon on a spring

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day when one has that tired feeling so hard to shake off.

Dock is another edible weed that comes with the first breath of spring, "a plague to the farmer and a delight to the epicure." Beware, however, of the old leaves. The curly variety when very young, just as it shoots above the ground, makes a salad with a flavor all its own. The tender shoots of the poke-weed also make a good salad. It found favor long ago in France, where it is regularly cultivated.

Horse-radish is another weed not fully appreciated as a salad. Dig the roots late in the autumn or early in the winter, and bury them in moist soil in a dark, warm cellar, so that the leaves will force as rapidly as possible. If the cellar is dark the leaves will be white and tender and have a sweetish pungency. When the leaves are three or four inches long they may be used for salad.

Lettuce is a well-known nerve food, and should be seen on our tables more frequently. There is such a variety of ways in which to serve it that one is not likely to tire

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of it. Do not understand that it should be served every day. There is an endless variety of "greens," making it easy enough to vary the salads served. In many cases where lettuce is called for, other things may be substituted. Very often it is impossible to get attractive-looking lettuce. Nests of shredded lettuce are inviting, if the leaves are chilled and crisp, and cut into ribbons with sharp scissors.

Always be especially careful in preparing greens for salads that they are thoroughly washed, and have no gritty substance clinging to the leaves. I have often known very attractive-looking salads to be spoiled completely by carelessness in this particular.

All vegetables have valuable medicinal properties. Raw vegetables are extremely wholesome, and could not be served more palatably than as salads. Cultivation has increased the development of green peppers to such an extent that it is very easy to obtain them sweet and mild in flavor, crisp and tender. There are many ways of serving them in salads; and though the taste appears to

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be a cultivated one they are really delicious. A pretty green pepper stuffed with any preferred salad placed daintily on a bed of lettuce and piled with mayonnaise is a feast fit for the gods.

Cucumbers are very delicious and may be served raw in various ways. They are considered unhealthy by many, but unless they are old and withered they are very digestible. There is a prevalent superstition that cucumbers must be sliced and laid in salt water for hours before serving. They are simply ruined by this process. Keep them cool, on the ice if possible, and peel and slice them just before serving, when they will be crisp and delightful.

String beans supply iron. One of our most valuable vegetables, spinach, may be boiled and served cold with French dressing. It contains iron. Cabbage, cauliflower and spinach are all good for impoverished blood, and may be served as salads. Celery finds a place in many salads. It is a nerve food and overcomes rheumatic and neuralgic tendencies.

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The tomato is not only a delicious vegetable, but a valuable one. Health authorities tell us that tomatoes stimulate the healthy action of the liver. They may be delightfully combined with any one or more other vegetables, with meats, fish and nuts; may be scooped out and stuffed with so many preparations that there seems to be no end to the possibility of the tomato as a salad.

Carrots form blood, improve the complexion, and boiled in salted water and cut into dice blend very well with other vegetables in a salad. Carrots and beets may be grated and sprinkled over many salads to advantage, adding a touch of color.

Asparagus benefits the kidneys, and may also be served in various salads.

Fruit salads are very good on hot days. They are palatable and are very easily made from any fruits in season.

Nuts may be added to any salad. They are nourishing, tissue building, and by many are preferred to meat as a food.

Pretty effects are gained by hollowing out

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one vegetable and using another as stuffing.

"Left overs" come in very nicely for a hastily gotten up salad. A spoonful of cold peas, a chopped carrot, a few string beans and a bit of cauliflower may be mixed, a French dressing poured over it, and prove a very delightful, as well as economical, addition to the menu.

At a week-end party not very long since, my hostess and I were discussing the dearth of salad plants at that season. She rose rather impulsively and said, "Come, I want to show you my latest toys." She led me to a large roomy cellar, in the middle of which stood a wooden trough, perched on wooden legs, in which grew a wilderness of salad plants. Mustard, peppergrass, dandelion, chicory, endive, romain and corn salad. I was told that the bed was sprinkled once a week with warm water and that the cook cut the leaves as they were wanted, there always being plenty and to spare. As we passed by the kitchen my hostess pointed to the windows and I walked in to see a hanging

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basket in each window one mass of feathery green. On close inspection I found it to be water cress. It is easy for every housekeeper to have one of these indoor salad beds and its value is inestimable.

SALAD DRESSINGS

MAYONNAISE

Place the raw yolks of two eggs in a cold soup plate, beat them well with a silver or wooden fork for about one minute; then add one teaspoonful of salt and a dash of cayenne, work these well together and then add, drop by drop, half a pint or more of oil, beating vigorously all the while. After it begins to thicken add occasionally a few drops of lemon juice. The more oil used, the thicker the dressing. A pinch of pulverized sugar should be beaten in at the last.

Should the mayonnaise curdle, a lump of ice beaten in may correct the trouble; if not, begin with a third yolk, add a small quantity of oil, drop by drop, and then by degrees add the curdled dressing. If the eggs are perfectly fresh, the bowl and all the ingredients quite cold, and the oil is added drop by drop at first, there is little danger of the dressing curdling.

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Cream may be used to thin the mayonnaise, and is a great improvement. In many cases a thin mayonnaise is to be preferred and if you have no cream, milk may be substituted.

A quicker and less laborious way of making mayonnaise is to put the yolks of the eggs in a deep bowl, add the salt, pepper and oil just as directed above, and beat with a Dover egg beater. It must be used, however, the day it is made, as it is more than likely to "go back" after it stands a few hours. When made by the first recipe, the mayonnaise will keep for a week or more.

CARDINAL MAYONNAISE

Cover boiled sliced beets with lemon juice, let it stand for a day, strain and add to mayonnaise, or use to thin mayonnaise.

GREEN MAYONNAISE

Boil one cup of spinach until tender ; drain, cool, squeeze dry, pound thoroughly, add a little mayonnaise, press through a sieve, and mix with mayonnaise. Or the green coloring used by confectioners is satisfactory.

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HERB MAYONNAISE

Take equal parts of parsley, chervil, pimpernelle, chives and water cress (about four ounces of each), drop into boiling water, boil for five minutes, drain and press out all the water, chop as fine as possible, pound until it forms a smooth paste, add one tablespoonful of lemon juice, press through a fine sieve and mix with one pint of mayonnaise.

TARTARE SAUCE

Add chopped olives, gherkins, parsley, capers, and a few drops of onion juice to mayonnaise. This is very nice to serve with fried fish.

FRENCH DRESSING

Place one-half teaspoonful of salt and same of pepper into a bowl and add gradually two tablespoonfuls of oil, stir until the salt is dissolved, then add one tablespoonful of vinegar and stir until the oil is thoroughly incorporated.

French dressing will not stand successfully and should always be freshly made.

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Mix in a cup or small bowl, using the wooden salad spoon to measure and stir; pour the dressing over the salad and toss lightly, being careful not to crush the leaves or make the salad look mussy.

One woman I know puts the ingredients in a bottle, corking tightly, shakes thoroughly and claims that it emulsifies perfectly, and in much less time than it does with the old way of stirring. But after all there is no hurry and I think the old way very much more dainty and fully as satisfactory. Then, too, it is diverting to watch one's hostess deep in the mysteries of mixing. When the salad is to be served from the pantry I think the bottle plan not a bad one. A small funnel is necessary, into which the salt and pepper are dropped first, then the oil and vinegar.

MINT VINEGAR

Fill a wide-mouthed pint bottle (a fruit jar would answer) with mint leaves that have been thoroughly washed, cover with vinegar, let it stand for two weeks, keeping the bottle well corked. Then strain and bottle.

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TARRAGON VINEGAR

Put two bunches of tarragon in one quart of white vinegar; let it stand well corked for three weeks, then strain and bottle.

MARINADE

Three tablespoonfuls of oil, six of vinegar, one teaspoonful of salt, one-half teaspoonful of pepper, juice of one-half an onion (if for fish, three tablespoonfuls of vinegar and three of lemon juice).

Mix thoroughly. The onion juice may be omitted.

LETTUCE DRESSING (WITHOUT OIL)

One-half pint of cream or rich milk, one-half pint of good vinegar, one small teacupful of sugar, three eggs well beaten, butter the size of an egg, one teaspoonful of ground mustard, pepper and salt to taste.

Mix all together and cook until it is as thick as custard.

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TOMATO DRESSING (WITHOUT OIL)

Same as lettuce dressing, only add cornstarch to make it as thick as desired.

MAYONNAISE (WITHOUT OIL)

One pint of milk, five eggs (yolks only), two lemons, three tablespoonfuls of vinegar, two tablespoonfuls of sugar, one-half tablespoonful of cornstarch, one-half tablespoonful of butter, one tablespoonful of salt, one tablespoonful of mustard.

Beat milk and eggs together, put into pan of hot water; beat with egg beater all the time. Add all the dry stuff, then the lemon and vinegar. Beat all the time until it thickens. If too thick thin with cream or milk.

ENGLISH OR POTATO DRESSING

One egg; one salt spoon of salt; one teaspoon of dry mustard; one potato; one tablespoon of vinegar; two dessert spoons of cream and two of oil, or four of oil. Boil the egg until quite hard, let it cool, remove the yolk and mash it in a bowl with the back of

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a silver spoon; then add the salt and mustard. Boil the potato, mash it smoothly, and when cool add it to the yolk. As soon as the two are well mixed, add by degrees the oil and cream, and thin with the vinegar. This is especially good on all fish salads.

SIRUPS FOR FRUIT SALADS

Boil one-half a pound of powdered sugar with one-half pint of water and one tablespoon of lemon juice. After simmering for six or seven minutes, cool.

Or, when sirup is not used, the best dressing for fruit salads has for its foundation a cup of sour cream. It must be rich and only slightly acid. Stir the cream with a silver fork and drop in gradually one-half a cup of melted butter until the mixture is a creamy mass. Add the juice of one lemon, drop by drop, and beat rapidly to prevent curdling.

Many persons prefer mayonnaise or French dressing for the fruit salads.

FISH SALADS

ANCHOVY SALAD

Wash, skin and bone six anchovies and lay in cold water for two hours. Drain and lay on a dish towel to draw out the moisture. Slice three hard-boiled eggs, cut the fish in neat pieces and mix with the eggs. Put on a bed of pretty white lettuce, and pour over it French dressing.

CRAB SALAD

Take equal parts of cold crab meat and chopped celery. Marinate the crab meat thoroughly and put it in a cool place until ready to serve. Then mix the fish and celery, put on a bed of lettuce and heap on mayonnaise dressing. In place of the lettuce, you may garnish with crab claws, slices of hard-boiled eggs, and tufts of parsley and celery.

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CANNED CRAB SALAD

Canned crabs make a very good salad. Drain off all the oil, sprinkle with salt and vinegar, drain again when ready to serve, mix with as much chopped celery as there is crab meat, place on bed of lettuce, pour over mayonnaise.

FISH SALAD

Flake the fish and marinate it half an hour before serving. Put on a bed of lettuce or cress, and pour mayonnaise over it. The "English or Potato Dressing" is especially good for this. A few slices of cold boiled potatoes are a good addition.

GERMAN HERRING SALAD

Soak three salt herring over night, remove the bones and chop the meat very fine. Add two tart apples, two hard-boiled eggs, then three small cooked beets, several pickles or gherkins, some parsley and capers, all chopped fine. Arrange on lettuce leaves, pour French dressing over it, mix well and

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garnish with slices of hard-boiled eggs, beets cut into dice, and parsley.

LOBSTER SALAD

Put a large, live lobster over the fire in boiling water, slightly salted, and allow it to boil fully twenty minutes. When cold, disjoint the claws and crack them. Twist off the head and save it for garnishing. Split the body in two lengthwise, pick out the meat in bits, not too fine, saving the coral separate. Marinate the lobster for one half-hour before serving. Then mix with it one-third as much crisp, tender celery cut up into bits one inch long and mix in enough mayonnaise to flavor it. Arrange the salad on crisp lettuce leaves, pour over the rest of the mayonnaise and sprinkle over it the coral well pounded. Garnish with head and claws if desired.

OYSTER SALAD

Put one quart of oysters in a stewpan over the fire and when they are boiling, drain. When cold, marinate, and put on the ice for at least two hours. Cut up one pint

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of celery, not very fine, and put it on the ice. When ready to serve, mix the oysters and celery and half of the mayonnaise, put it in the salad bowl, pour over the rest of the mayonnaise and garnish with tufts of celery. Serve at once.

POTPOURRI SALAD

One can of shrimps, six medium-sized potatoes, boiled; five medium-sized raw tomatoes. Mix the shrimps with lettuce, cut the potatoes fine, mix with mayonnaise. Heap the shrimps in the middle of the platter, surround with the potatoes, and finish with a border of sliced tomatoes.

SALMON SALAD (NO. 1)

Drain the oil from a can of salmon, flake the fish, freeing it from all bones and pieces of skin, marinate, and put it on the ice. When ready to serve, mix with half the mayonnaise, place on a bed of lettuce, pour over the rest of the mayonnaise and garnish with sliced lemon.

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SALMON SALAD (NO. 2)

Pick one-half a can of salmon fine, add one-fourth of a large cabbage chopped fine, and the chopped white of one hard-boiled egg. Mix with enough mayonnaise to flavor, garnish with parsley, and pour over it more mayonnaise.

SALMON SALAD (HOT)

Prepare the fish as for Salmon Salad No. 1. Beat two fresh eggs to a cream; put two tablespoons of butter in the chafing dish, let it get hot, but not scorched; pour the egg over the salmon, stir all together and put into the chafing dish, and keep on stirring until the eggs are cooked. Serve very hot on a dish garnished with lettuce leaves.

SARDINE SALAD

Drain the oil off one can of sardines, scrape away the bones and skin, chop about two stalks of celery or equal parts of lettuce, using either French or mayonnaise dressing. Garnish with sliced hard-boiled eggs and sprinkle chopped parsley over it.

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SCALLOP SALAD

Soak one-half pint of scallops in cold water for one hour, then cook them in salted, boiling water for twenty-five minutes, drain and cool. Slice them when cold and marinate with lemon juice and salt and pepper. When ready to serve, arrange on a nest of lettuce leaves, shredded celery or cabbage, cover with mayonnaise and garnish with capers and slices of pickled peppers.

SHAD ROE SALAD

Shad roe may be made into a salad and a very good salad too. Boil in salted water to which has been added a little vinegar. Cook for one-half hour and plunge into ice water. Drain and cut into thin slices. Serve on a bed of lettuce with French dressing.

Or: Cut the roe into cubes, and serve upon shredded celery with mayonnaise turned over it.

Or: Mix lightly with chopped celery, arrange on lettuce or cress and pour over plenty of mayonnaise.

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SHRIMP SALAD

Take a can of shrimps, pour over it two tablespoons of lemon juice and put on the ice until ready to serve. Lay on a bed of nice crisp lettuce, shredded celery or finely shaved cabbage and cover well with mayonnaise.

MEAT, FOWL, CHEESE AND EGG SALADS

ASPIC JELLY SALAD

Soak one-half a box of gelatine in one-half a cup of cold water for one hour. Add two and one-half cups of boiling water, three teaspoons of beef bouillon, a pinch of salt, a dash of tabasco, a teaspoon of onion juice, one-half a teaspoon of Worcestershire sauce, and let it all come to a boil. Strain and cool. When ready to "form" add a small can of pâté de foies gras, one slice of tongue, five olives, and two teaspoons of pecan-nut meats, all chopped. Pour into a mold and set on the ice. Serve on lettuce leaves with mayonnaise into which a few capers have been beaten. Shredded fish or canned salmon may be used instead of the foies gras and is delicious.

BEEF TONGUE SALAD

Grate fine a thoroughly washed and boiled smoked beef tongue. To one pint of tongue

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add one pint of chopped celery or the same amount of the inner white leaves of cabbage, and four hard-boiled eggs chopped not so fine. Mix with enough mayonnaise to season, place on crisp lettuce leaves and pour over more mayonnaise.

BEEF JELLY (TO SERVE WITH SALADS)

Purchase two pounds of tough beef and a portion of shin bone. Have the bone cracked and remove all the marrow. Put the meat and bone on in a kettle, cover with boiling water, let it come to the boiling point and simmer gently for three hours. One hour before the meat is done add one sliced onion, a bay leaf, half a teaspoonful of celery seed. When the meat is done, take it up, and put it aside to cool; when cool chop fine or run it through a meat grinder.

Cover a box of gelatine with half a cup of cold water, and let it soak for one-half hour, then add one quart of liquor in which the meat was boiled. Beat the whites of two eggs, add this to the cold mixture, bring to a boil and boil for five minutes, then strain,

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season with salt and pepper, and if you like, the juice of one lemon.

Cover the bottom of a mold with a layer of hard-boiled eggs, sprinkle over and around some chopped parsley, put in the meat, pour over just enough jelly to moisten and come to the top. Stand aside over night. This will keep several days and may be cut in slices and served with water cress and mayonnaise. Spoonfuls of the jelly may garnish the dish of sliced meat.

CHICKEN SALAD

Boil a fowl until it is so tender that it almost drops from the bones. Fat fowls make the best salad. Cut the meat into small pieces, rejecting all skin and gristle. Use only the white meat if you wish a very pretty-looking salad. When the meat is cut, marinate it and put it on the ice. When ready to serve, mix with it one-third or one-half as much celery, chopped coarse, as there is chicken, mix in half the mayonnaise. Lay on a bed of lettuce, or arrange lettuce leaves around, or heap it in the middle of the dish

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and surround with celery tips, and heap on the rest of the mayonnaise.

CHICKEN SALAD (CANNED)

Canned chicken makes a very good salad, and a quick one too. Break it apart, marinate, and put it on the ice. When ready to serve, mix with equal parts of chopped (coarse) celery, add enough mayonnaise to flavor, heap on the middle of the platter, wreath with lettuce leaves, and put on mayonnaise.

If it is impossible to get celery, chop nice, tender, white cabbage leaves fine, mix in a little celery seed, and use in place of celery.

CREAM OF CHICKEN SALAD

To one quart of chicken that has been picked apart, and well seasoned with salt and pepper, add one pint of mushrooms. Pour over this a thick drawn butter, hot. When ready to serve, arrange on lettuce leaves and heap on mayonnaise.

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STUFFED EGGS (NO. 1)

With Sardines or Anchovies

Boil six eggs for at least twenty minutes. When cool, take off the shell, cut in half lengthwise and remove the yolks. Rub six sardines or anchovies to a smooth paste, mixed with the yolks which have also been rubbed smooth; add a little lemon juice, salt and pepper. Fill each half with the mixture and put the halves together. Serve on lettuce leaves, with mayonnaise poured over it.

EASTER SALAD

Serve individually on pretty salad plates. Make a nest of crisp lettuce leaves, or the leaves cut into ribbons with sharp scissors. Mold small eggs of cream cheese colored slightly with green vegetable coloring. Place several eggs in a nest, sprinkle with a few particles of pink sugar and serve with French dressing. Serve salted crackers.

CHEESE SALAD

Grate one-half a pound of cheese, bind with cream, shape into small balls, arrange on

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crisp lettuce leaves, garnish with chopped parsley or celery and sliced hard-boiled eggs. Pour over French dressing.

EAST INDIA SALAD

Take two ten-cent cream cheeses and work until smooth, moisten with one-fourth a cup of milk and one-fourth cup of rich cream, add one-half cup of mild American cheese and work all into a smooth paste. Soak one-half a tablespoon of gelatine in one tablespoon of water and let it come to a boil and strain it. When it is cold beat into the cheese mixture, season lightly with salt and cayenne and turn into a large mold, or small ones. When ready to serve, turn onto crisp lettuce leaves and pour over a French dressing into which one-half a teaspoon of curry powder has been beaten.

EGG SALAD

Make a bed of lettuce in a salad bowl. Boil four eggs until hard, shell and when cold slice or quarter, and lay them on the lettuce. Pour over a French dressing, and toss lightly.

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EGGS À LA TARTARE SALAD

Boil six eggs hard, and when cold, cut them in two and fill with a stiff Tartare sauce. Smooth the surface with a knife, press the yolk through a wire sieve, so that they will fall upon the eggs, place on beds of lettuce, and garnish with sliced cucumbers, beets, radishes, and capers.

DUCK SALAD

Chop cold duck, marinate, lay on a bed of shredded endive, celery, and sliced blood oranges, and heap on mayonnaise.

NEUFCHÂTEL SALAD

Make a nest of crisp, white lettuce leaves, fill with minced stuffed olives, broken nut meats and crumbs of Neufchâtel cheese. Pour over French dressing.

PHILADELPHIA CREAM SALAD

Boil one four-pound chicken and remove the skin and bones. After washing one good-sized pair of sweetbreads, cover with boiling

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water and simmer one hour. When done, cool quickly, and pick them apart, discarding the membrane. When the chicken is cold, cut into cubes of half an inch. Wash and dry one cup of piñon nuts and blanch the same quantity of almonds, and chop both fine. Just before serving time, mix the chicken and sweetbreads, and sprinkle over them one grated onion and one teaspoon of salt. Add the nuts and one tablespoonful of lemon juice. Whip one cup of thick cream to a stiff froth, add to it one cup of mayonnaise dressing and mix half of it with the salad. Lay all on a bed of lettuce leaves which have been carefully selected and pour over the rest of the dressing. Garnish with olives and dry piñon nuts.

RUSSIAN SALAD

Chop fine four slices of bacon fried crisp, and about two cups of cold roast or boiled beef, one head of lettuce, and two cups of celery. Add one can of French peas, and marinate. When ready to serve, mix with mayonnaise, spread on a platter, and garnish with water cress.

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STUFFED EGGS (NO. 2)

Take hard-boiled eggs, cut enough from the top of each to get out the yolk. Mix the yolks to form a paste with butter, cream, mustard, cayenne, salt and anchovies. Fill the whites of the eggs with this. Lay them on beds of lettuce or cress and pour over it a nice mayonnaise.

DEVEILED EGGS

Chop one-half a pint of cold chicken; put it into a bowl, add one tablespoon of melted butter, and one of chopped parsley, a level teaspoon of salt, one salt spoon of pepper, and one raw egg well beaten. Rub well together with a spoon. Hard boil twelve eggs, remove the yolk, rub to a paste, and mix with the chicken. Make this in balls the size to fill each half white. Arrange on lettuce leaves on a platter, put a teaspoon of mayonnaise on each egg. Serve with brown bread and butter. This makes a good luncheon or supper dish.

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EGGS WITH MAYONNAISE

To the yolks of six hard-boiled eggs add one-half a cup of English walnut meats, and one-fourth cup of celery. Rub the yolks through a sieve, grate the nuts and mince the celery very fine. Mix to a paste with enough mayonnaise to season, adding, if necessary, a little more salt. Mold the mixture into balls the size of a small egg. Cut the whites into thin shreds and heap on nests of lettuce leaves and in each nest place several balls and a spoonful of mayonnaise.

SWEETBREAD SALAD (NO. 1)

Boil one pair of large sweetbreads in salted water for twenty minutes. When cold, remove the membrane and cut into cubes. Marinate and put on the ice. Slice thin one-half a pint of celery. When ready to serve, mix the sweetbreads and celery with half the mayonnaise. Arrange on separate leaves of lettuce on a flat platter, and drop a spoonful of mayonnaise on each leaf.

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SWEETBREAD SALAD (NO. 2)

Let one pair of sweetbreads stand in cold water for one-half an hour. Take them out, cover with boiling water and boil for half an hour. Take out the sweetbreads, and in their place put one pound of blanched almonds, one slice of red onion, two bay leaves and one slice of lemon. Boil for twenty minutes. When cold chop the sweetbreads and almonds fine, mix, put on a bed of cress or lettuce, and pour over mayonnaise.

SWEETBREAD ASPIC SALAD

Make a delicate aspic, using one heaping tablespoon of gelatine to one quart of stock, and allow the whole to come to a boil after adding the gelatine. Season with salt, cayenne and lemon juice. Clarify by stirring into it while hot the beaten white of one egg with the broken shell, and strain. Have two sweetbreads cooked and blanched. Season, cut into bits, arrange in tambale cups and pour over the jelly. Prepare the day before

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and set it on the ice. Turn out on lettuce leaves on pretty salad plates, pour over mayonnaise and serve wafers and cheese balls and bar le duc.

VEGETABLE SALADS

ASPARAGUS SALADS

Canned asparagus, the best Oyster Bay, may be used. Be sure to drain it thoroughly. If the fresh is used be careful in cooking it. Lay the stalks in cold water, cut off the hard part and scrape off all stringy substance. If you have no frame, tie the asparagus in a bundle and stand it in a saucepan and cover with boiling water to within two inches of the top. If kept over the fire, up to the boiling point, for forty minutes, the whole stalk is tender and eatable.

ASPARAGUS AND MAYONNAISE

Serve the stalks whole, four or five on a plate, with a tablespoon of green mayonnaise, or use the yellow if preferred.

ASPARAGUS AND CELERY SALAD

Cut into inch lengths equal parts of celery and asparagus and mix. Serve on a bed of

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lettuce or cress, or alone, with French dressing.

ASPARAGUS AND GREEN PEPPER SALAD

To one quart of asparagus cut in one-inch lengths, slice very thin one nice, mild green pepper. Arrange attractively on a platter in a wreath of crisp lettuce leaves and pour over all a generous supply of mayonnaise.

AGUA CARTE SALAD (ALLIGATOR PEAR)

The Agua Carte, or "Alligator pear," is a tropical fruit that is beginning to be very well known now that Cuba and Puerto Rico seem so much nearer to us. They may be obtained at the large fruit stands in our Atlantic seacoast towns, and make a very delicious salad. Halved, the large stone removed, and the hollow filled with French dressing, it is a favorite breakfast dish in the tropics.

AGUA CARTE AND LETTUCE SALAD

Fill a salad bowl with nice, crisp lettuce leaves. Cut the fruit in half, remove the

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seed. You will find that the fruit shades from a yellow to a delicate green. Take out the meat with a teaspoon, being careful not to mash it, and lay it in lumps on the lettuce. Pour over a French dressing, toss lightly and serve.

ARTICHOKE SALAD

Boil the artichokes in slightly salted water, slice, place on a bed of lettuce leaves and pour over mayonnaise dressing.

BEET SALAD (NO. 1)

Boil beets of uniform size, and when cold, scoop the inside, taking care not to break the walls. Cut small pieces off the bottom, so they will stand upright. Marinate and put on the ice. When ready to serve, stuff with asparagus tips or chopped celery, place each beet on a leaf of lettuce, and pour mayonnaise on top.

BEET SALAD (NO. 2)

Slice cold beets, pour over French dressing. This is very good served with roast beef.

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CABBAGE SALAD

Cut a sugar loaf of cabbage fine on a slaw cutter, and put in a cool place until ready to serve. Make a dressing of one cup of vinegar, two eggs beaten up with two table-spoons of sugar, a piece of butter half the size of an egg, a teaspoon of mustard, and a little black pepper. Pour the vinegar in a dish and set in a kettle of hot water, then add the other ingredients, stirring until they are as thick as cream. When the dressing is cold pour it over the cabbage.

CABBAGE AND PEPPER SALAD

Two cups of chopped or finely shredded cabbage, one cup of chopped peppers. Mix, pour over French dressing, and serve. This is very good served with oysters.

CAULIFLOWER SALAD

Boil in a piece of cheese cloth until tender one nice cauliflower. Sprinkle with two table-spoons of lemon juice and put on the ice. When ready to serve break into small flower-

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ettes, arrange in a deep bowl with the stems down, sprinkle over finely chopped parsley or sorrel and serve with French dressing.

CELERY SALAD

Wash carefully, cut into one-inch lengths and into strips, and chill. When ready to serve, pour over a mayonnaise dressing. Chopped meat or fish may be added if desired.

CORN SALAD AND APPLES

Make a bed of corn salad leaves, scatter over it two cups of chopped, tart apples, pour over this a French dressing, toss lightly and serve.

LETTUCE AND CHEESE SALAD

Make a bed of crisp lettuce leaves, scatter over it one cup of grated cheese, pour over a French dressing, mix gently and serve.

CRESS SALAD (NO. 1)

Pick over the cress carefully, and if it is long, break the leaves into two parts. Arrange the cress in a salad bowl, strew one

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spring onion, chopped fine, over it. Pour over French dressing, toss lightly and serve.

CRESS SALAD (NO. 2)

Allow the cress to stand in cold water for one hour, then free it from moisture by swinging it in a wire basket. Rub the salad bowl with a piece of garlic, lay in the sprays of cress and put it on the ice. Remove the kernels as nearly whole as possible from a cup of pecan nuts. Slice one tart apple very thin. When ready to serve, put the apples on top of the cress, sprinkle the nuts over them, pour over French dressing to which has been added a teaspoonful of sugar, mix well and serve.

CRESS AND CHEESE SALAD

Edam is as good as a more expensive cheese for this salad. Wash the cress carefully, break the sprigs in half, cut the cheese into tiny dice, scatter it over the cress, sprinkle well with chopped chives. Pour over it French dressing, mix and serve.

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CRESS AND PARSLEY SALAD

Mix equal parts of cress and parsley and serve with French dressing.

CRESS AND LETTUCE SALAD

Place equal parts of cress and lettuce, as crisp as possible, in a salad bowl, and serve with French dressing.

CRESS AND DANDELION SALAD

Take equal parts of very tender young dandelion and cress, mix and serve with a French dressing. If desired, a few thin slices of a mild onion may be added.

CUCUMBER SALAD

Pare carefully and slice very thin two cucumbers. Add a dash of cayenne pepper to the French dressing, pour over and mix well.

CUCUMBER AND ONION SALAD

Slice the cucumbers and onions very thin, mix, pour over French dressing.

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CUCUMBER AND TOMATO SALAD

Slice two small-sized cucumbers and four good-sized tomatoes, mix and serve with French dressing. A few slices of onions improve this salad.

CUCUMBER AND CRESS SALAD

Make a nest of cress and lay on sliced cucumbers. Serve with French dressing.

CUCUMBER SALAD (STUFFED)

Pick out cucumbers of uniform size, peel, halve, and scoop out the inside. Fill with equal parts of tomato, celery, and cucumber chopped and mixed with enough mayonnaise to flavor it. Onion may be added if liked. Serve on pretty salad plates, on four leaves of lettuce. Pour a generous spoonful of mayonnaise on each plate.

ESCAROLE SALAD

Wash a nice head of escarole thoroughly, chill, arrange in a salad bowl and serve with French dressing.

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EGGPLANT SALAD

Boil an eggplant rapidly for half an hour. When done, scoop out the center and cut into small dice. Season with salt and put it on the ice. Dust a teaspoonful of salt in the hollow shell of the eggplant, drain the water out and put it on the ice. Cut into small dice some canned tunny fish and add one stalk of crisp celery cut into fine pieces. Chop together three hard-boiled eggs and half a pound of English walnuts. Drain the chopped eggplant dry, mix with the other ingredients and enough mayonnaise to flavor, fill the shell, put on a round platter, surround with curled celery or a wreath of escarole, and pour over more mayonnaise.

HEART SALAD

Take a can of tomatoes, one onion, six sprigs of parsley, twelve peppercorns, two sticks of celery, one blade of mace, six cloves, and boil for twenty-five minutes. Add two tablespoons of lemon juice and two of gelatine that has been soaked, and let it all come

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to a boil. Strain and season with salt and pepper. Turn into a shallow pan, so it will be one and one-half inches thick. Chill, and when ready to serve, heat a heart-shaped cutter and cut hearts from the jelly. Serve individually on nests of cress and pour over plenty of mayonnaise.

GREEN PEAS AND MINT SALAD

One-half a pint of cooked peas that have been thoroughly chilled. Arrange on a bed of lettuce, sprinkle over it very finely chopped mint leaves, and serve with a French dressing, using the mint vinegar if possible. Garnish with thin slices of boiled carrots.

GREEN PEAS IN ASPIC SALAD

Make aspic, season the peas, stir into the jelly and mold in small cups. Serve on lettuce leaves with a generous supply of French dressing. Cold beets, string beans and minced celery may be prepared this way.

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HORSE-RADISH SALAD

Take the young, very tender leaves, sprinkle with grated cheese or chopped nuts, or both, and serve with a French dressing.

KILLARNEY SALAD

Prepare this of cooked vegetables; marinate, heap on a bed of lettuce and pour over a delicate green mayonnaise.

"LEFT OVER" SALAD

Equal parts of cold boiled rice, smoked beef tongue, chicken and celery dressed with mayonnaise. Add a tinge of chopped green peppers.

LETTUCE SALAD

Wash, dry, and chill crisp white leaves of lettuce. Arrange in a salad bowl and serve with either a French or mayonnaise dressing.

LUCASIAN SALAD

Prepare a filling of one cupful of chopped ripe tomatoes, one-half as much sliced cu-

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cumber, and one minced green pepper. Mix with mayonnaise. Take a heart of lettuce, dip in mayonnaise, shake, lay back the leaves and stuff with the filling. Serve one heart on each plate with two cream cheese balls.

MARGUERITE SALAD

Arrange on individual salad plates six small, crisp lettuce leaves. In the center of these put a tablespoon of mayonnaise. This makes the center of the daisy. Around the center arrange narrow cut strips of the whites of hard-boiled eggs, to represent the daisy points. Mash the yolks through a sieve and scatter over the mayonnaise to make the rough surface of the yellow center. With care this may be made an attractive dish.

MUSHROOM SALAD

Take a can of French mushrooms, let them come to a boil in the liquor, drain and chill. Cut cold boiled beets into small mushroom shape, or dice them, about equal parts of beets and mushrooms, mix, place on a bed of

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dress and pour over a generous supply of mayonnaise.

ORIENTAL BEAN AND ONION SALAD

Peel and slice mild onions. Pour cold water over them and let them stand one hour. Drain well. Put on a bed of lettuce equal parts of onion and cold boiled or baked beans, garnish with olives and hard-boiled eggs and pour over mayonnaise.

PEPPER SALAD (NO. 1)

Select peppers of uniform size, make two cups of each pepper, scoop out the seed and the pulp and put the peppers in cold, slightly salted water for an hour or more. Make a filling of chopped celery, walnuts and chicken. Place on each plate five crisp leaves of "passion lettuce," the leaves curled and touched with red. Put in the center half a pepper, filled and heaped with mayonnaise. Garnish with red nasturtiums, or if the yellow lettuce leaves are used, yellow nasturtiums.

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PEPPER SALAD (NO. 2)

Slice thin two mild green peppers. Arrange a bed of lettuce on a flat dish, heap rings of peppers in the middle, pour over French dressing, toss lightly and serve.

PEPPER AND SWEETBREAD SALAD

Take one pair of boiled sweetbreads, cut into thin cubes. Cover a shallow dish with very thin slices of green peppers, heap the sweetbreads in the center, and pour over a mayonnaise. Garnish with golden yellow nasturtium blossoms.

PEPPER AND TOMATO SALAD

Slice four good-sized tomatoes, and four nice, crisp, mild peppers. Mix. Pour over French dressing, mix gently and serve.

PEPPER AND CUCUMBER SALAD

Slice very thin two crisp, mild peppers and two small-sized cucumbers. Mix and serve with French dressing.

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PEPPER, CELERY AND CHICKEN SALAD

Mix one cup of tender, chopped, green peppers, one of chopped celery, and two of minced chicken. Add two chopped hard-boiled eggs, one cucumber pickle, salt to taste and chill. When ready to serve, place on a flat dish, pour over a rich cream mayonnaise and garnish with parsley and olives.

PEPPER SALAD (COOKED)

Boil and drain some peppers, cut thin into strips, place in a salad bowl, pour over French dressing. Serve with crackers as a course, or with hot or cold meats.

POKEWEED SALAD

Take the tender shoots, tie in bundles and put in boiling, salted water and boil for thirty minutes. Ice, and serve with mayonnaise, or the French dressing if preferred.

POTATO SALAD (NO. 1)

Slice thin, while warm (not hot), one quart of boiled potatoes. Add two tablespoons of

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chopped parsley, and one onion grated. Moisten with French dressing and set aside to cool. When ready to serve, place on a bed of lettuce, pour over more French dressing, toss very lightly, and serve.

POTATO SALAD (NO. 2)

Boil about three dozen small potatoes and slice thin while warm. Grate one small onion, chop a little celery very fine and add these and one tablespoon of capers, one of chopped parsley, to the sliced potatoes. Pepper and salt to taste. Marinate with two dessert spoons of oil and two tablespoons of vinegar, and set aside to cool. When ready to serve, pour over a thin mayonnaise, garnish with lettuce, sliced lemons and beets cut in fancy shapes.

POTATO SALAD (NO. 3)

Boil until tender eight potatoes of ordinary size. As soon as they are cold, remove the skins and slice thin, sprinkle a little grated onion and two teaspoons of chopped parsley over them. Chop finely one cup of

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English walnuts and spread over the potatoes and marinate. When ready to serve, pour over a French dressing, and mix very carefully, being sure not to break the potato slices. Don't have a "mussy" looking salad whatever you do. Garnish with lettuce and slices of hard-boiled eggs.

QUEEN'S SALAD

Make a quick aspic jelly by placing in a saucepan one and one-half cupfuls of cold water, one tablespoon of chopped carrot, one of celery, a slice of onion, a sprig of parsley, and three cloves. Add one teaspoonful of beef extract dissolved in one cup of water. Cover the saucepan and allow it to simmer for half an hour. Then add one-half a box of gelatine that has been soaked in cold water for one hour. Stir until the gelatine is dissolved and season with salt and pepper. When partly cool take three-fourths of a pint of the jelly and add three tablespoons of tomato catsup and half a cupful of stiff mayonnaise. Pour this mixture into a mold that has been rinsed with cold water and put it

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aside to set. Slice some tomatoes, the same quantity of peeled cucumbers and half the quantity of cold boiled potatoes sliced thin. With these ingredients mix half a pound of blanched almonds, chopped rather fine, and marinate with oil and vinegar. Turn the jelly out on a platter and spread the vegetable mixture around it. Pour over a mayonnaise and garnish with olives.

Or, shred the jelly with a fork and make a wreath of it around the vegetable mixture, in which case, everything must be ice cold when served.

RICE AND NUT SALAD

Wash one cup of rice, throw into a large kettle of boiling water and cook twenty minutes. Drain, dry, and add one grated onion. Make twice the amount of French dressing and pour over the rice while it is hot. Mince a can of sardines, removing all bones and mix with one cup of finely chopped pecan nuts. Place the rice on lettuce leaves, make a shallow groove at the center of the rice and fill with fish and nuts. Sprinkle more French

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dressing over the top and serve before the rice becomes chilled.

ROYAL PALM SALAD

Take the heart of the Royal Palm tree either raw or boiled. Place whole on a bed of lettuce leaves and dress either with French dressing or mayonnaise.

SALSIFY SALAD

Boil the salsify or oyster plant; when cold slice thin and serve with French dressing.

SORREL SALAD

Gather the tender tops when they first sprout. Wash and drain thoroughly. Place in a salad bowl. Sprinkle on top a cup of chopped celery and a tablespoon of chopped garlic tops. Serve with French dressing.

SPINACH SALAD

Place one pint of cold, minced, boiled spinach on a platter. Chop separately, with a silver knife, the whites and yolks of two hard-boiled eggs, and arrange them in little

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mounds on the spinach. Pour over a French dressing.

STRING BEAN SALAD

Any "left over" beans may be used. If you find none cooked, string and boil the beans until tender. Drain and, when cold, mince the beans, or cut them in one-inch length, add some grated onion, if onion is liked, pour over French dressing and serve.

TOMATO SALAD (STUFFED)

Tomatoes to be served whole should be of uniform size. Scald enough to remove the skins. Then cut off the top and scoop out the seeds, or make a basket of the tomato by cutting a handle. This may be done by using a little care and is very effective. Always marinate the tomatoes after they are scooped out. They may be stuffed with any of the following combinations preferred, placed on four lettuce leaves on pretty salad plates, with a tablespoonful of mayonnaise poured over the top of each tomato, and chopped nut meats may be sprinkled over the whole:

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Equal parts of cold boiled rice, smoked tongue, grated chicken, celery, and just a tinge of green pepper, all mixed with mayonnaise enough to flavor it.

Or, equal parts of chopped celery and nuts mixed with mayonnaise.

Or, chopped celery and a little minced onion mixed with mayonnaise.

Or, chop some of the pulp of the tomato, a little green pepper, and a little celery and mix with mayonnaise.

Or, they may be stuffed with green peas, string beans, cold meat, sliced carrots, raw oysters, or cooked shrimps.

TOMATO AND CREAM SALAD

Choose tomatoes of uniform size, scald, peel, and marinate. When ready to serve, place on a leaf of lettuce, on a pretty salad plate, sprinkle sugar over the top, and heap whipped cream on top.

To whip cream successfully, add the white of one egg to every pint of good thick cream. If whipped the day before and kept on the ice it is even better and firmer than when

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served freshly whipped. If you cannot get cream, boil a quart of milk until it is reduced to a pint and add the whipped whites of three eggs.

TOMATO SALAD (NO. 1)

Scald and skin the tomatoes, cut in half across the widest part and drain out the seeds and juice. Marinate and chill. When ready to serve, place each half, with its cut side upward, on a nest of lettuce leaves on salad plates and cover each half with mayonnaise.

TOMATO SALAD (NO. 2)

Slice the tomatoes, pour over plenty of French dressing, and serve.

TOMATO JELLY (FOR SALADS)

Soak three-fourths of a box of gelatine in cold water. Cook one can of tomatoes, half an onion, one stalk of celery, one bay leaf, two cloves, one tablespoon of salt, a dash of cayenne, for fifteen minutes. Add the gelatine and stir until it is dissolved, allowing it to boil. Strain through a sieve fine enough

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to keep back the tomato seeds. Mold as desired and serve as a salad or a garnish for a salad.

TOMATO JELLY SALAD (NO. 1)

Make tomato jelly; when it has cooled, before it is set, mix in equal parts of chopped celery and cabbage, and mold in coffee cups. Serve each mold on a lettuce leaf with a spoon of mayonnaise over each. This served on a large platter with cold slices of boiled ham is delicious.

TOMATO JELLY SALAD (NO. 2)

Make a tomato jelly and pour in a mold that has a hollow in the center, or if you have no such mold the center may be hollowed out after the jelly has set. When ready to serve, turn out on a platter and fill the center with finely shredded cabbage, pecan nuts, and a sweet red pepper chopped and all mixed with mayonnaise. Heap mayonnaise on top. Surround with a wreath of cress or curled celery.

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TOMATOES IN ASPIC SALAD

Select small tomatoes; peel, slice, marinate, and chill thoroughly. Make an aspic of a rich stock (see recipe for Beef Jelly) and when it is cold enough to form, take a small mold, moisten it with water, put in a little jelly, lay in a slice of tomato, sprinkle with salt and pepper, put in more jelly, then tomato, then jelly until the molds are full. Set on ice. When ready to serve, turn out on a lettuce leaf and pour over mayonnaise.

VEGETABLE SALAD (NO. 1)

Six ounces of cold boiled potatoes cut into neat dice, one gill of peas, one of button mushrooms (both cooked), one gill of celery cut into half-inch lengths. Mix the vegetables together with an herb mayonnaise, fashion into a pyramid on a pretty dish, and garnish with crisp lettuce leaves and small radishes. Pour over more mayonnaise.

VEGETABLE SALAD (NO. 2)

Six potatoes cut in dice, one onion chopped to a pulp, one pint of peas cooked

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and well seasoned, one-half pint of celery, chopped. Arrange on lettuce leaves, pour over mayonnaise or French dressing, and garnish with beets cut into strips.

VEGETABLE SALAD (NO. 3)

Mix equal parts of carrots, beans, peas, and potatoes cut into fancy pieces. Mix with these some California pinon nuts, cover with mayonnaise, and serve.

WALNUT, CELERY AND CRESS SALAD

Arrange a wreath of cress, inside this place fine cut celery, in the center pile meats of English walnuts sliced thin. Sprinkle with salt and pepper. Mix thoroughly, dress with oil, mix again, add half as much oil as vinegar, mix and serve.

WALDORF SALAD

Pare and cut very thin round and round the circumference tart apples, mix with equal parts of chopped celery, dust with salt and pepper, sprinkle with lemon juice, mix with mayonnaise, and serve on lettuce.

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WINTER SALAD

One pint of vinegar, four eggs well beaten, half a cup of butter; boil and mix until it thickens. Stir vigorously to prevent curdling. Then add one tablespoon of mustard, two of salt, and one of black pepper. Chop one head of cabbage and one bunch of celery very fine, mix, and soak in salt water for two hours. Drain thoroughly and mix in the dressing. This will keep a long time.

NUT AND FRUIT SALADS

APPLE SALAD

Salads of apples are very good with cold roast meats in the winter. Have everything cold, and do not cut the apples until ready to serve them. Shred very fine one good-sized mild green pepper, carefully removing all seed and the core. Arrange a bed of lettuce leaves in a salad bowl, slice over it, in long, narrow slices, six crisp, tart, highly flavored apples. Sprinkle the shredded peppers evenly among the apples, pour over French dressing, and mix lightly.

BIRD'S NEST SALAD

Make nests of Iceland moss flavored with sherry, being careful not to use enough to melt the moss. Choose large plums, seed, fill with pecan nuts, dip in white of egg, roll in confectioner's sugar to frost slightly, and serve with a mayonnaise thinned with rich cream.

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BANANA SALAD

Dip a peeled banana in mayonnaise, roll in chopped nuts, place on three crisp yellow lettuce leaves on a pretty salad plate, and drop a spoonful of mayonnaise on the banana. This is a very nice salad for an evening collation. Serve with it some attractive sandwiches and cocoa.

BANANA AND NUTS

Slice six bananas. Shell and chop one pound of English walnuts, mix, arrange on a bed of lettuce, and pour over a thin mayonnaise dressing.

NUT, APPLE AND CELERY SALAD

Chop one cup of celery, one cup of assorted nuts, and one cup of tart apples. Arrange on lettuce leaves and serve with either French or mayonnaise dressing.

PINEAPPLE SALAD

Shred the fruit, mix with it half a pound of cherries stuffed with filberts and half a

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pound of blanched and chopped almonds. Chill for an hour, place on curled lettuce, and serve with French dressing.

CHERRY SALAD

Cut four oranges and shred a small pineapple into good-sized pieces, and marinate in oil and lemon juice to which has been added a dash of sherry. Mix one pint of seeded cherries with a very stiff mayonnaise. Arrange the orange and pineapple on a bed of lettuce, put the cherries and mayonnaise on top, garnish with a few cherries, and serve. Grape fruit may be used instead of orange.

CHERRY AND NUT SALAD

Stone and halve one pint of cherries, chop one-half pound of English walnuts, or any preferred nuts, and mix with mayonnaise. Arrange on lettuce leaves.

DATE, FIG AND NUT SALAD

Chop one cup of dates, same of figs and nut meats, mix, arrange on lettuce, and pour over a thin mayonnaise.

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FIG, DATE AND GUM CANDY SALAD

Take ten cents' worth of figs, same of dates, and ten pieces of fresh gum candy. Do not have the candy too tough. Soak the figs and dates in boiling water for five minutes, drain, and when cold, chop the figs, dates, and gum candy, mix, arrange on lettuce leaves, and pour over a thin mayonnaise.

FRUIT SALAD

Soak one box of gelatine in enough cold water to cover it for one hour. Add one quart of boiling water and let it come to a boil. Flavor with lemons, wine, or any desired flavoring. When quite cool, mix in the following: Two good-sized oranges, sliced and sugared to taste, two sliced bananas, one quart of English walnuts chopped. Let it stand until the jelly "sets." Whip cream with a little vanilla and confectioner's sugar and pour it over the broken-up salad. If the cream will not "whip," add the white of one egg, and whip again.

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PERSIMMON SALAD

The large Southern persimmon is very delicious, and may be procured at many fruit stands in our large cities when in season. Choose those of uniform size. Cut off the stem end. Remove the pulp and mix with it a little lemon juice, chopped nut meats, sugar, and a little cream. Fill the shells with this mixture. Put a crisp, white lettuce leaf on each plate, place a stuffed persimmon on each, and pour over a thin mayonnaise.

BAR LE DUC AND LETTUCE SALAD

Serve individually four or five leaves of crisp lettuce, place upon this the bar le duc (which is an imported preserve) and a mayonnaise dressing. Place two cream cheese balls on each plate.

MELON SALAD

Choose the small nutmeg melons, halve, fill with shredded lettuce and nut meats, and pour over plenty of French dressing.

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NASTURTIUM SALAD

Make a bed of water cress, mix in a pint of nasturtium blooms and a few capers, and pour over this a French dressing.

NUT SALAD (NO. 1)

Arrange a head of lettuce in a bowl, chop one-half a pound of assorted nuts, sprinkle them over the lettuce, and serve with a French dressing.

NUT SALAD (NO. 2)

Shell one pound of almonds and the same of English walnuts, throw into boiling water to remove the skins, cover with a plain soup stock. Add one slice of onion, one bay leaf, and cook for twenty minutes. When cool, mix the nuts with two chopped, tart apples. Serve on lettuce leaves, with mayonnaise.

ORANGE AND BANANA SALAD

Slice oranges and bananas very thin, sprinkle with sugar to taste, two tablespoons of sherry, one of maraschino, and put on the

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ice for one hour. The wine may be omitted and lemon juice substituted.

ORANGE AND DATE SALAD

Peel four oranges, trim off the white skin and slice, or remove the sections whole. Take ten cents' worth of dates, separate and scald, then remove the seed and chill. Mix the fruit, place on lettuce leaves and serve with either French dressing or a thin mayonnaise.

ORANGE, BANANA AND PINEAPPLE SALAD

Four bananas, three oranges and one small pineapple. Peel and slice the oranges and bananas. Peel and remove the eyes from the pineapple and pull it to pieces with a silver fork. Arrange the fruit in layers and spread over each layer the following dressing:

Beat the yolks of four eggs until light, gradually add one cup of powdered sugar and one-half teaspoon of salt. When the sugar is dissolved add the juice of two lemons. Put it on ice. It should be chilled at least one hour before it is served. This

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may be served as a last course at luncheon or for dessert at dinner.

ORANGE, OLIVE AND NUT SALAD

Place on crisp lettuce leaves, shredded oranges, sliced olives, and chopped English walnuts or beech nuts. Make a French dressing and add a teaspoon of sugar.

ORANGE SALAD (NO. 1)

Shred oranges, arrange on lettuce leaves, and pour over mayonnaise.

ORANGE SALAD (NO. 2)

Six oranges, half a cup of pulverized sugar, juice of one-half a lemon. Cut the oranges in half, scoop out the pulp without breaking the skins, mix the pulp, lemon juice and sugar, and put on the ice. When ready to serve, fill the orange shells and put a spoon of whipped cream over each.

ORANGE JELLY SALAD

Soak a box of gelatine in one-half a cup of water, add one quart of orange juice and let

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it come to a boil. Add a little sherry, if desired, and strain.

Quarter two dozen English walnuts, peel four oranges, separate into sections and halve each section.

When the jelly is ready to form, pour into the mold a little jelly, some nut meats and orange, then jelly and so on until the mold is full.

When ready to serve, turn onto a bed of crisp lettuce leaves and pour over a cream mayonnaise.

Or, mold in small coffee cups, and serve each on a leaf of lettuce, on a pretty salad plate.

PINEAPPLE, CHERRY AND WHITE GRAPE SALAD

One cup of shredded pineapple, one cup of stoned cherries and one-half pound of white grapes seeded and halved. Arrange on lettuce leaves, and pour over a thin mayonnaise, or serve in champagne glasses, with a fruit sirup stirred over it.

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SHADDOCK SALAD (NO. 1)

Halve the fruit, scoop out the pulp, remove every bit of the pith, return the fruit to the shells, and pour over French dressing.

SHADDOCK SALAD (NO. 2)

Peel and remove the pulp in sections, cut into bits, place on crisp lettuce, and pour over a thin mayonnaise.

WALNUT AND CRESS SALAD

Remove the meats of one-half a pound of English walnuts as nearly unbroken as possible. Pour over them the juice of two lemons and let them stand over night. Wash and pick over carefully one pint of water cress, drain it thoroughly, arrange in a salad bowl. Sprinkle in the nut meats, and serve with a French dressing.

STRAWBERRY SALAD (NO. 1)

Choose fresh berries, chill and serve on crisp lettuce leaves well sprinkled with finely chopped nut meats. Cover the whole with

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chopped celery, so that only glimpses of the berries may be seen. Garnish with rings of green peppers and serve with French dressing.

STRAWBERRY SALAD (NO. 2)

Arrange large ripe berries in a glass salad bowl, dust with powdered sugar and a little nutmeg. Pour over a dressing made of two tablespoons of sugar, one gill of strawberry vinegar, one tablespoon of maraschino, the juice of one lemon and two oranges. Toss all together lightly and chill at least one-half hour before serving.

SALAD ACCOMPANIMENTS

HOT CHEESE BALLS

Mix well together, and roll into small balls, one cup of grated cheese, half a cup of fine bread crumbs, five drops of Worcestershire sauce, and one egg, well beaten. Place in a wire frying basket, plunge into boiling fat, brown and serve at once. Be sure the lard is hot enough. Try it by dropping in a crumb of bread. If it browns instantly, the fat is hot enough.

CREAM CHEESE BALLS

Cut cream cheese into squares and mold it into balls, and press two halves of an English walnut on each ball, transforming it into what appears to be walnut cream candy.

Or mix in chopped parsley and mold into balls.

Or roll the molded balls in chopped parsley.

If the cheese should happen to be crumbly and refuse to mold add a drop or two of olive oil and it will at once become manageable.

SANDWICHES

Sandwiches to be served with salads must be merely dainty trifles. The bread must be thin and crustless, not too fresh, and yet not stale. The butter must be the very best available. It is very important that a sharp knife be used. When butter is used, spread it before slicing. When the filling has been spread and covered, cut the large sandwich into dainty shapes. A sandwich cut one inch wide and three or four inches long is always attractive. The sandwiches may be made two hours before serving if they are placed in a tray or dish and covered closely with a napkin wrung out in cold water. Any cold, cooked meat chopped fine and moistened with mayonnaise makes a good filling.

ANCHOVY SANDWICHES

Make a paste of hard-boiled eggs and mix with essence of anchovy.

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BOSTON BROWN BREAD SANDWICHES

Cut about half an inch thick and spread with cream cheese.

BOSTON EGG SANDWICHES

Mash the yolks of hard-boiled eggs, moisten with butter and vinegar and work into a paste. Season with salt, pepper, French mustard and a drop of tabasco. Spread between thin slices of Boston brown bread.

CAVIARE SANDWICHES

Spread caviare on thin slices of buttered rye bread. Finely chopped onion may be used if preferred.

CRESS SANDWICHES

Dip the cress in mayonnaise and put between thin slices of brown or white bread.

CREAM CHEESE SANDWICHES

Spread the bread with cream cheese, slice stuffed olives very thin, scatter over the

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cheese and roll the bread, beginning to roll from the corner. Tie and put in a cool place.

CREAM CHEESE AND OLIVE SANDWICHES

Stone and chop the olives fine and beat into cream cheese, adding a little cream to moisten, and salt and paprika to season. Spread on thin slices of white or brown bread and press together.

CRACKERS AND CHEESE SANDWICHES

Grate a mild cheese, sprinkle plentifully on a very thin cream cracker, shake a little red pepper on the cheese, cover with another cracker, put in a hot oven long enough to heat thoroughly. Serve hot.

DREAM SANDWICHES

Chop finely one-half cup of raisins, one-half cup of nut meats, one apple, add one tablespoon of sugar and the juice of one lemon. Mix and spread between buttered bread.

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EGG SANDWICHES

Mince the whites and yellows of hard-boiled eggs, mix, and push through a sieve. Mix with enough mayonnaise to form a paste and use as filling.

HAM SANDWICHES

Chop, grate, or grind cold-boiled ham. Mix with enough mayonnaise to form a paste and use as filling.

LETTUCE SANDWICHES

Use only the heart leaves. Cut into ribbons with scissors and dip in mayonnaise. Fill the sandwiches just before serving, so that the lettuce may be as crisp as possible.

LETTUCE AND NUT SANDWICHES

Chop nut meats fine and mix with mayonnaise. Use either brown or white bread. Spread the bread with the nut mixture, then a crisp leaf of lettuce, and cover. Cut into dainty shapes.

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MUSHROOM SANDWICHES

Boil and mince mushrooms, mix with equal parts of cold beef or tongue, and moisten with butter. After the mixture is spread, cover lightly with French mustard.

NUT AND CHEESE SANDWICHES

Mix with one roll of Neufchâtel cheese half a cup of chopped or pounded nuts and spread on thin slices of rye, whole wheat, Graham, or Boston brown bread. Almonds, butternuts, pecans, or English walnuts may be used.

NUT AND FIG SANDWICHES

Chop English walnuts fine and add to a fig paste filling, made by chopping figs fine, adding enough water to make a smooth paste and cooking slowly until of a consistency to spread. Flavor with a little orange juice, grated candied orange peel or any other fruit juice preferred, and spread between very thin slices of brown bread cut in fancy shapes.

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PEPPER SANDWICHES (RAW)

Slice green or red peppers as thin as possible. Fill the sandwich with a crisp lettuce leaf dipped in mayonnaise, and a few rings of peppers.

PEPPER SANDWICHES (COOKED)

Remove all seed and pulp from six peppers, chop fine and simmer in two tablespoons of butter for ten minutes, allowing them to brown and salt to taste. When cold, spread between slices of bread, covering the layer of pepper with grated cream cheese.

WALNUT SANDWICHES

Chop the nuts very fine, mix with mayonnaise or cream cheese and put between slices of brown bread.

TOASTED SANDWICHES

Butter thin slices of bread, spread with grated cheese, dust lightly with cayenne, and put on another slice of bread. Put in a toaster and brown on both sides.

SOME SALAD COMBINATIONS

Fried oysters—cabbage salad.

Broiled lobster—lettuce with French dressing.

Boiled crabs—lettuce with French dressing.

Deviled crabs, tartare sauce—sliced tomatoes.

Baked shad—sliced cucumbers with French dressing.

Broiled fish—sliced cucumbers and onions, French dressing.

Fried fish—tartare sauce.

Spring lamb—peas and mint salad.

Cold sliced lamb—lettuce and tomatoes, French dressing.

Cold mutton—lettuce and tomatoes, French dressing.

Cold pork—cabbage salad—cooked pepper salad.

Cold sliced ham—potato salad—tomato jelly salad, No. 1.

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Cold veal—sorrel, cress, celery or Waldorf salad.

Roast beef—beets with French dressing—spinach.

Cold roast beef—cooked pepper salad, potato salad or tomato jelly and lettuce.

Cold chicken—celery, lettuce and mayonnaise or Waldorf salad.

Cold turkey—tomato jelly or lettuce with mayonnaise.

Game—lettuce, celery, beets and French dressing, chicory, or any of the “greens” with French dressing.

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